



The Cumberland County Connection

- Community Programs Guide -

Summer Issue 2022



Featured Programs: Family Fishing Day, Fitness Classes, Canoeing & Kayaking

WWW.CUMBERLANDCOUNTY.VIRGINIA.GOV

804-492-3800



Letter from the County Administrator

Cumberland County, with all of its natural and historic resources, offers an unbelievable opportunity for residents and visitors alike to experience the beauty and history of this great County. Opportunities abound for kayaking along the James and Appomattox Rivers, experiencing the history of America's first call for freedom, hiking the trails at Bear Creek Lake State Park, and experiencing our open space upon the High Bridge Trail.

In addition to these great outdoor experiences, the Cumberland County Parks and Recreation department is busy planning for new and enhanced facilities as well as installing new programs and enhancing existing programs that will positively impact the quality of life of our residents.

So come on Cumberland County! Discover your own backyard, discover your Independence, discover Cumberland County.

Sincerely,

Derek Stamey

Board of Supervisors

District 1

Brian Stanley, Chair

District 2

Ronald Tavernier

District 3

Eurika Tyree, Vice-Chair

District 4

Gene Brooks

District 5

Robert Saunders, Jr.

County Administrator

Derek L. Stamey



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**Cumberland County
Administrative Offices**

**1 Courthouse Circle
Cumberland, Va 23040**

Phone: 804-492-3800

Fax: 804-492-9224

Cumberland County

Public Recreation Facilities

Bear Creek State Park

22 Bear Creek Lake Rd., Cumberland, VA 23040; Phone:
804-492-4410; Email: BearCreek@dcr.virginia.gov

High Bridge Trail State Park

(Mailing address) 6888 Green Bay Rd., Green Bay, VA
23942; Phone: 434-315-0457;
Email: highbridgetrail@dcr.virginia.gov

Cartersville Boat Ramp

2396 Cartersville Road
Cartersville, VA 23027

Columbia Boat Ramp

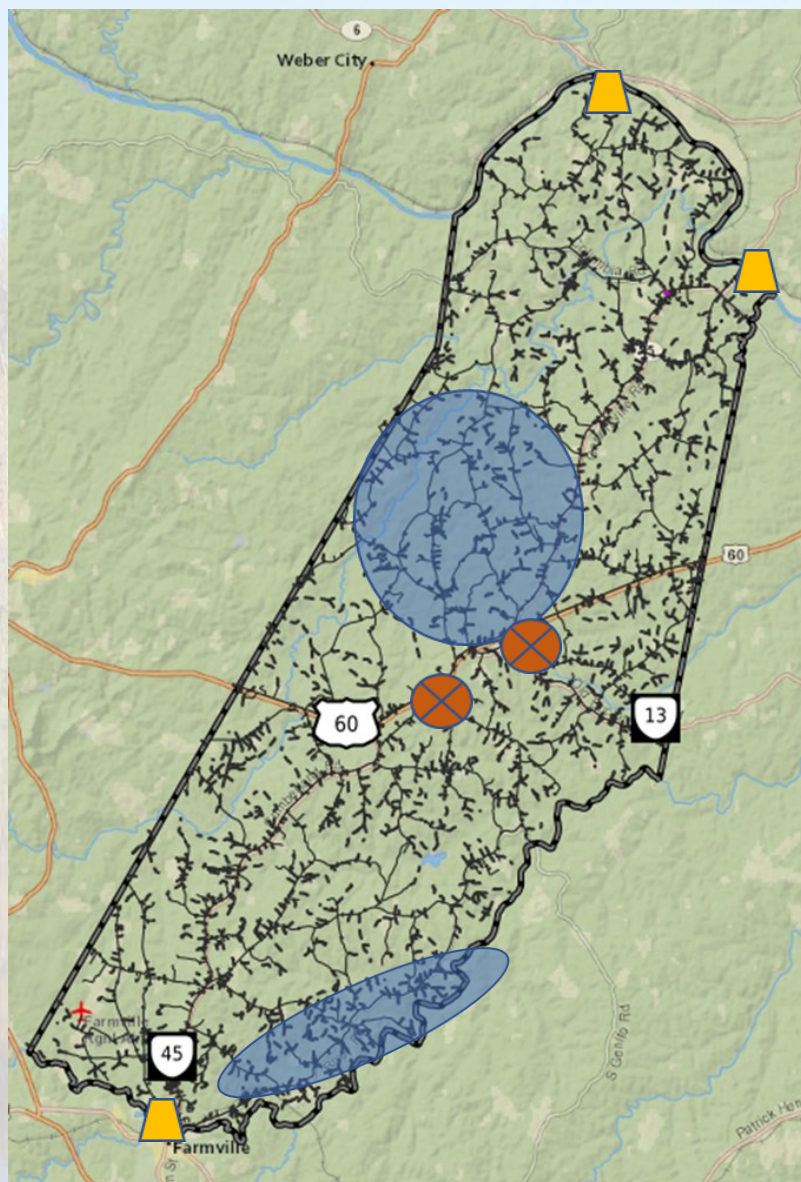
Route 690 and James River
Columbia, VA

Madison Sports Complex (MSC)

6 Old Buckingham Road
Cumberland, Va 23040

Luther P Jackson School/Community Center (LPJ)

71 Community Center Drive
Cumberland, Va 23040



Bear Creek Lake State Park Programs

Bear Creek Lake State Park has a lot to offer!!! Please check their website for events planned for the summer. www.dcr.virginia.gov/state-parks/bear-creek-lake-

Basic Archery

This basic archery session provides instruction to those new to archery, and shooting time to those already familiar with recurve and compound bows. All equipment is provided although our equipment is not suitable for youth under eight years of age. Advance registration through the park office is required. Please call 804-492-4410 to register. The fee is by the individual, \$5/person.

Restrooms and water are not available at the range. Larger groups may request a session by emailing bcbguide@dcr.virginia.gov

Cumberland County Parks and Recreation Athletics & Events

Youth Fall Football and Cheerleading Registration is now open!

Please visit

<http://www.cumberlandrec.weebly.com>
to register.

\$75.00 (First child) \$70.00 (second child
of the same family)

Payment and copy of child's birth certificate
required at time of registration.

Registration closes on 07/30/2022.



Parks and Recreation Contact:

Sonya Gray, Recreation Director

(804)492-9345

sgray@cumberlandcounty.virginia.gov

Fishing Rodeo @ Bear Creek Lake State Park

Come join us for a fishing tournament for a
child and their partner.

Prizes will be awarded!!!!

Cost is \$15 per Team/ Register by May 25th -
\$25 for late registration

June 4th 2022 8 am - Noon



Summer Art Camp at LPJ Cafeteria

June 27 – July 1

9 am 11:30 am – 6 yrs old and above –
space is limited.

All supplies included \$125.00



Cumberland County Parks and Recreation Programs

"The Academy Experience" for all fitness levels. Every Friday in the LPJ gym @ 6 pm \$3 per person

Come get in shape with The Fit Academy of Farmville, VA. This class is for all fitness levels and will include fun, progressive, and effective workouts that will leave you feeling energized and eager to continue your fitness journey. Lead by 3 experienced fitness coaches, here to guide you to success and all your fitness goals. (No classes on Holidays) **Starting in June!**

Dance Fitness – This class is for all fitness levels. Come dance your way to a healthier body. Fun effective workouts.

Every Wednesday in the gym @ 7pm-8pm Class is \$3 a person (No classes on Holidays) **Starting in June!**

Warrior Fitness – A **FREE** fun filled class for all ages that's live and full of spirit to build strength through body weight exercises.

Starting in July- Every Wednesday in the gym 6 pm to 7 pm (No classes on Holidays) **Starting in July!**

Yin Yoga on Mondays @ 4 pm 45mins \$4.00 per class

*Starting **June 27th thru Aug 8th** – six weeks

Think of this class as a slow flow. Mentally yin yoga focuses on calming the fluctuations of your mind, meditative, and you learn to bring your attention inward. Physically, you brush against the resistance you meet in a posture and gently hold for an extended period (1-2mins). You can relax into a pose and take the time you need to figure out what works best for you. Yin helps lengthen connective tissues and reduce tension in the muscles. Energetically, yin yoga helps remove energy blockages within your body. The stillness and quietness help balance our bodies, minds, and nervous systems from our hectic daily mental and physical activities.

Completed Registration Form and Payment is Required

1 Week Prior to the Start of any Program.

Ashtanga Yoga on Mondays @ 6 pm 75mins \$12.00 per class at LPJ Cafeteria

*Starting **June 27th thru Aug 4th** – six weeks

Ashtanga Yoga combines movement with stillness. Breathing in and out of our nose, tightening our core areas, and linking our breath with movement. We create a fire within that clears our energetic pathways. We start with a few minutes of meditation to calm the mind. The opening sequence consists of a warm-up, Sun A and Sun B rotations, followed by yin poses to hold for a brief period of time, and then we will end in Savasana. The most important pose of all; intentional rest.

Energetic music is a must to get you and keep you moving on the mat. Who knows, we may even throw in some yogi break dancing!

*Yoga mat needed. Water encouraged.

Monday Morning Movement

Description: You know the old saying, "Move it or Lose it!" In this class we move it, so we don't lose the ability to move it! Start the week off right with some light to moderate movement, stretching, and calisthenics. We start class with light stretch holds, followed by more dynamic stretches and movements, and then we moderately rev it up to get your heart rate going. And to finish, we cooldown with more muscle stretches/release.

Equipment: Outside or Inside—Foam Rollers, Yoga Blocks (equipment to make stretches easier for folks who are a little more immobile)

Participants: ANY FITNESS LEVEL. This class would especially benefit older people, people with chronic movement issues, and people recovering from injury. LPJ Gym.

6 week session the month of June 6 – Mondays at 8 am \$50 (No class on Holidays)

Cumberland County Parks and Recreation Programs

Bear Creek Lake Walking Group

Description: A general walking-based fitness class that puts you in Nature for added health benefits. Whether you're a Nature-lover looking for a crew or a Fitness-lover looking for exercise that's not in a stuffy gym, or somewhere in between, this class is for you. We'll utilize the trails around the lake to enjoy Nature while we put in work walking, stretching, moving actively, and holding different positions.

Equipment: None

Participants: Some current activity recommended, since there will be a lot of walking, but any fitness level can do this class.

Starting June 29th Wednesdays at 8 am - 6 week class is \$50 Meet at Bear Creek Lake State Park.

Circuit-HIIT Fitness

Description: If you want some high-octane fitness, this class is for you! This class will incorporate Circuit and HIIT training to burn calories and build lean muscle. Whether your goal is to lose weight, maintain, or put on a little muscle, this class will work for you, since it will incorporate resistance exercises and cardio. We will use a variety of equipment in our Circuit or HIIT structure to keep it fun!

Equipment: Fitness Room—dumbbells, kettlebells, resistance bands (all varieties), jump ropes, boxes, BOSU balls, medi balls, etc (general fitness equipment)

Participants: You don't need to be a gym-rat, but this class is recommended for those who have at least some experience with working out.

Starting June 30th at 6 pm – 6 week class is \$50 LPJ Gym.

Adult Painting Class

June 16th 6:00pm – 8:00pm \$30

July 13th 10:00 - Noon \$30

August 18th 6:00pm – 8:00pm \$30

LPJ Cafeteria

MA-Fit

Description: Utilizing a combination of Martial Arts moves and general fitness moves, this class is designed to be fun and engaging. We will do some general Martial Arts striking and easy-moderate fitness exercises to burn calories and get in shape! Expect to move a lot and have a lot of fun in this class!

Equipment: Outside or Inside—boxing gloves, hit mitts, punching bags, jump ropes, medi balls, grappling dummies, kick pads, etc (general fitness equipment and MMA equipment)

Participants: No Martial Arts experience necessary, but it is recommended that you have some fitness routine, as this class will get you moving.

6-Week Session for the month of June 7th – Tuesdays at 6 pm \$50 LPJ Gym.

☆Monday Evenings at 6pm

-**Knockout Kickboxing** - a fast paced, high intensity workout for ages 13 & up

JULY 5th – JULY 26th

☆Tuesday Mornings at 9am LPJ Cafeteria

Upper Cutters Kickboxing - a low-impact, lower intensity workout for seniors & beginners

JULY 11th – AUG 1st

Pricing... \$30 for 4-week session per person. Minimum would be 7 students, maximum depends on the size of the room.

"Let's Talk About Aging"

A series of "Talks on Aging". Join us in a discussion on aging with a licensed clinical nurse.

May 26 _ "Normal vs. Not Normal" ... Signs of Memory Loss / June 30 _ "Living with Alzheimers and Dementia" / July 28 "Keeping Your Brain Healthy" / August 25 – "Being Social and Living Longer" at the Café 10:30 am

Free and open to Everyone. LPJ Cafeteria.

Cumberland Cooperative Extension



1548 Anderson Highway
Cumberland, VA 23040

Hours: 8:00 a.m. to 5:00 p.m.
Monday - Friday

Main Office: (804) 492-4390
Fax: (804) 492-5718

4-H Cloverbud Camp

Cloverbud Camp will take place **June 17-19, 2022** and is a weekend to introduce our youngest 4-H members, ages 5-8, to the overnight camping experience. Campers learn and grow from the experience of spending time with friends in a unique camp setting. They experience the joy of summer camp and the personal growth that comes with it.

Cloverbud Camp will be held at the Holiday Lake 4-H Center in Appomattox, VA. Transportation will not be provided so the parent will be responsible for dropping off and picking up their child.

Early bird price through April 25th is \$115 and increases to \$120 after April 25th.

Registration link is <https://bit.ly/4HCloverbudCamp2022>

For additional information about Extension related clubs, programs, and events, please visit our webpage at

<https://cumberland.ext.vt.edu>



4-H Jr. Camp

Jr. Camp is an overnight camp for youth ages 9-13 and is held at the Holiday Lake 4-H Educational Center in Appomattox, VA. Campers from Cumberland, Nottoway, and Albemarle/Charlottesville will attend the week of **July 11-15, 2022**. 4-H is a fun and exciting way for youth to develop life skills while meeting new friends and learning to be independent.

The cost for Cumberland youth is \$220 which includes meals, lodging, transportation, t-shirt and all class supplies/materials. Registration deadline is June 8th so please register as soon as possible.

Limited income-based scholarships are available but require the completion of a one-page form along with a \$50 deposit in order to be considered.

4-H Wildlife Detective Day Camp

This summer day camp is open to youth ages 9-13 (as of September 30, 2022) and will be held **June 28-30** at Bear Creek Lake State Park. Campers will need to be dropped off each day at 8:30 am and picked up at 3:00 pm at the park pavilion. Cost is \$30 which includes all supplies and admission fees.

Activities include learning about mammals/reptiles/amphibians, hiking, canoeing, a camp cookout and more!

Register by June 6th using this link: <https://bit.ly/WildlifeDetectives2022>

Cumberland County Public Library



Good books, great folks!

2022 Summer Reading Program

**Monday nights, 5:30 - 6:30 PM
June 6 - July 25, 2022**

**"Oceans of Possibilities" for
Children, Teens, Adults:**

Register by May 31 to look for a "pearl" of a prize!

Log your reading in Beanstack to win weekly prizes
and earn tickets toward \$50 Gift Cards at the finale.
(Reading logs available to those without Beanstack access.)

Attend weekly sessions to:

Watch weekly episodes of Checkers Library TV.
Do fun crafts. Learn interesting facts.
Eat snacks. Check out more books!

(No weekly session on July 4, 2022. Library will be closed.)



Cumberland County Public Library

1539 Anderson Highway, Cumberland VA 23040

The Cumberland County Public Library is a 501(c)(3) non-profit organization.

Lisa Davis, Director
Cumberland County Public Library
1539 Anderson Hwy
P.O. Box 98
Cumberland, VA 23040
804-492-5807

cumberlandlibraryva@gmail.com

Library Hours of Operation:

Mon 9:00 am - 7:00 pm
Tues 9:00 am - 6:00 pm
Wed 9:00 am - 6:00 pm
Thurs 9:00 am - 6:00 pm
Fri 9:00 am - 6:00 pm
Sat 10:00 am - 2:00 pm
Sun CLOSED



The Cumberland County Public Library's annual Summer Reading Program will be held in June and July for readers of all ages. This year's theme is "Oceans of Possibilities" and registration is now open. Each Monday night from June 6 to July 18, a special session will be held at the library from 5:30 to 6:30 PM with fun activities, crafts and a snack. Readers will record their reading using either Beanstack (an online library app) or paper logs in order to be eligible for prizes. All logs must be submitted by Friday, July 22, 2022, in order to be eligible for prizes. Visit the library's website or the Cumberland County VA Happenings calendar for more information on each night's topic and the prizes available. The reading program dates are as follows:

June 6, 13, 20, 27, July 11, 18, 25. July 25—Finale and Awarding of Reading Program Prizes.

DELMA'S PANTRY

Partner with Feed More, Inc. and part of Cumberland Community Cares at 1550 Anderson Highway in Cumberland.



The Emergency Food Assistance Program {TEFAP, and CSFP} are the **2nd, 3rd and 4th Friday of the month at 9:30 a.m.**

The mobile pantry is every **4th Friday at 9:30 a.m.** provided by Feed More/USDA programs

The Markets are on **Monday/Thursday at 3:00 p.m.** for individuals who need additional services that are provided by Feed More Direct Store Program and donations. (Food Lion, Target, Dollar General)

CUMBERLAND PATH Programs

PATH (Positive Attitude Towards Health), includes

- Delma's Kids **Mondays 4 pm-5:30 pm**
- Thursday Market
- Wellness
- PATH Community Market
- Community Garden;
- Covid Vaccinations
- Vouchers for Veggies.



Partners include Share Our Strength, Center for Rural Culture, Social Services, V A Extension Office, STEPS and Cumberland Public Schools

For more information:

Phone: (804) 385-9421

Facebook: Cumberland Community Cares Delmas Kids

Websites: delmaspantry.com

Cumberlandpath.com

1550 Anderson Highway, Cumberland, Va 23040





Program Registration Form

Please submit completed form and payment via mail to
Cumberland County Parks and Recreation
1 Courthouse Circle
PO Box 110
Cumberland, Va 23040

For Office Use Only

Staff: _____
Date: _____
Time: _____
Cash ☐ Check # _____

Adult Participant or Parent/Guardian Information

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Phone (H) _____ (W) _____
Cell Phone _____ Email Address _____
Emergency Contact _____

Second Parent (if applicable)

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Phone (H) _____ (W) _____
Cell Phone _____
Email Address _____

Allergies/ Medical Conditions _____

Special Accommodations _____

I, the undersigned participant/guardian, if under eighteen, desiring to participate in the Cumberland County Parks and Recreation programs and all of the special activities, hereby release and agree to indemnify and save harmless Cumberland County, the Recreation Department, their employees and any official of the special activity, from any and all claims of any nature or injury or loss that may result from such participation or preparation for such participation. I fully understand the procedures involved in the program and may result from such participation in this event. Further, I certify that the entrant is in good physical condition and capable of participating in the event. **Payment is due at the time of registration**

Signature: _____

Date _____

MEDIA RELEASE Cumberland County Parks and Recreation staff may take photographs and video recordings of the participants in Department-sponsored programs and activities and use such materials for recruitment and marketing purposes. If you consent to the Department's use of photographs and/or video recordings of you or your child in its recruitment and marketing efforts, please sign on the following line. Your consent is not required to participate in Department programs and activities.

Signature: _____

Date _____

	Participant First Name	Last Name	Birth Date	Short size	Shirt size	Age group	Program Title	School attending	Fee
1									
2									
3									
4									

Cumberland County Parks and Recreation

www.cumberlandcounty.virginia.gov

PHONE: (804) 492-3625 FAX: (804)492-9224

TOTAL: _____



Cumberland County Facility Use Application

Date Received: _____

Permit #: _____

Organization: _____

Contact Name: _____

Address: _____

Phone: _____

Email: _____

Facility Requested: _____

Date Requested: _____

Time Requested: _____

Number of Participants: _____

Description: _____

Admission Fee: _____

Will the Event be Publicized? _____

Set Up Required/Needed? _____

Applicant Signature: _____

Date: _____

Please send completed application to:

Cumberland Parks and Recreation, 1 Courthouse Circle

PO Box 110, Cumberland, VA 23040

Facility Use Fees: (please circle)

Gymnasium: \$50/hour Resident, \$100/hour Non-Resident

Cafeteria: \$50/3 hour Resident, \$100/3 hour Non-Resident

Classroom: \$50/3 hour Resident, \$100/3 hour Non-Resident

Athletic Field: \$50/field per day, Field Prep: \$25/field

Indoor Set Up Fee: \$50 Tables: \$5/table Chairs: \$1/chair

Total Indoor Set Up Fee: _____

Total Facility Use Fee: _____

Community Based User Groups are fee exempt from outdoor facility use fees and must meet the following criteria: open to the public, 501 c(3) non-profit status, youth and/or senior oriented.

Indoor User Fees are applicable to all users of facilities unless otherwise approved. The facility use application deadline for calendar year athletic users is January 1. All other users approved after January 15 on a first come, first served basis.

Cumberland County Parks and Recreation Facility Use Policy

General Policy

Rental fee is required at the time of application. All rentals must end by 8 pm, unless expressed written consent by the Parks and Recreation Director. **Completed facility use forms are due 30 days prior to rental.** County facilities may not be used for money making purposes such as gambling, or any illegal activity. Smoking is prohibited inside County buildings.

All activities must be confined to spaces reserved by the user and may not include any activities which may disturb the quiet enjoyment of any person within 300 feet of facility. Parks & Recreation reserves the right to cancel facility use due to weather and/or field conditions. Rentals that include amplified music and gatherings of over 50 people are not permitted in indoor facilities.

Alcohol is prohibited in all County facilities. When reserving a facility for a recurring event, a detailed schedule, including all desired dates must accompany the facility use form. A County staff member is required to be present for all rentals. Keys to the facility will not be distributed. Cumberland County may not be identified as an event sponsor. The address of a County facility may not be used as the official address or headquarters of an organization.

Cancellations

Cumberland County reserves the right to revoke or deny approval to any individual or organization that does not comply with the policies and regulations governing the use of its facilities. To receive a refund, the user must notify Parks & Recreation at least 48 hours prior to reservation date.

Custodial

Groups are responsible for leaving the facility in the same condition as found. Failure to remove trash after any rental will result in a \$250 facility clean up fee.

Liability

Cumberland County assumes no responsibility for any property brought on the premises by the organization, its members, guests or spectators, or for any lost or stolen items. The user(s) agrees to hold the County harmless from any and all claims, actions or damages as may arise in connection with the use of the facility. A certificate of liability insurance is required for all functions that are not an agency or entity of Cumberland County. Minimum insurance requirements include a general aggregate policy for 1,000,000 minimum. Cumberland county must be named as an additional insured as well as a certificate holder prior to final approval for use of facilities.

Staff Approval: _____

Date: _____ Fee Collected: _____



High Bridge State Park